

# In the Kitchen with **Fast Ed**



## Baked Meatballs in Spiked Tomato Sauce

Preparation time: 10 minutes | Cooking time: 20 minutes | Serves: 4

10 thick pork and fennel sausages  
2 brown onion, finely sliced  
8 cloves garlic, minced

500ml tomato passata  
2 tsp hot sauce  
Baby rocket leaves and crusty bread, to serve

- 1 Preheat oven to 200°C.
- 2 Use a small sharp knife to remove the skins from the sausages, then break into pieces and form balls about the size of a squash ball. Arrange in the bottom of the **3L Thermoglass™ Realseal™ Oblong Baking Dish** with the onions and garlic, then drizzle with extra virgin olive oil. Bake for 10 minutes.
- 3 Mix the passata and hot sauce in a bowl, then pour over the meatballs. Mix to ensure even coating, then bake for 10 minutes. Serve with rocket and crusty bread.

**Fast Eds Note:** Apply **Thermoglass™** lid to store leftovers for later. Pop open lid vent when microwave reheating.

